

Omelet Pre-Mix

Ingredients	Amount
Shallots/ Red Onions	1 C sliced
White mushrooms	3 C sliced
Green/Red/Yellow (sweet) Peppers	3 C sliced
Olive oil	1 TBS
Black pepper	2 tsp (more if you like spicy)
Coconut Aminos	1 TBS
Coriander seed powder	1 TBS
Thyme (dried herb)	2 TBS

Preparation

- Wash all vegetables and dry on a kitchen towel.
- Slice all into thin slices.
- Pre-heat a large pan on medium-high
- Add olive oil after the pan is heated.
- Add onions first, mix and cover.
- Once the onions are partially cooked, add mushrooms, coconut aminos, spices/herbs, cover for 1-2 minutes or until mushrooms are golden brown.
- Add peppers last, mix with the rest, lower heat to low-medium and cook for 4-5 minutes.
- Add fresh to eggs OR egg whites for omelet OR
- Store in the fridge for up to 4-5 days.

Nutrition Facts

Servings 6.0

Amount Per Serving calories 55 W Daily Value *			
% Daily Value * Total Fat 3 g 4 % Saturated Fat 0 g 2 % Monounsaturated Fat 2 g Polyunsaturated Fat 0 g Trans Fat 0 g Cholesterol 0 mg 0 % Sodium 19 mg 1 % Potassium 247 mg 7 % Total Carbohydrate 7 g 2 % Dietary Fiber 2 g 8 % Sugars 3 g Protein 2 g 4 % Vitamin A 19 % Vitamin C 183 % Calcium 2 %	Amount Per Serving		
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Calcium 2 %	Vitamin A	19 %	
- Carolina	Vitamin C	183 %	
Iron 4 %	Calcium	2 %	
	Iron	4 %	